REGINA metro®

NEWS WORTH SHARING.

Riding right

The SGI is proposing new training and safety rules for motorcycles, but some say the ideas don't go far enough PAGE 2

Kaiju smash!

Guillermo del Toro's Pacific Rim continues the celebrated tradition of Godzilla-type creatures flattening cities with abandon PAGE 8

IT'S A RAD, RAD, RAD COUNTRY

... AND THE AMAZING RACE CANADA HAS CONTESTANTS 'FIGHTING TOOTH AND NAIL' TO GET ACROSS IT, HOST JON MONTGOMERY SAYS PAGE 10

Sticking it to skeeters: City steps up battle with expanded insect control

Tammy Hagley, right, drives an amphibious Argo vehicle in a marsh area of southeast Regina on Tuesday, while Rachel Burke controls the larvicide machine at the rear. The city is hoping to head off the onslaught of mosquitoes with more crews. ROSS ROMANIUK/METRO

Mosquito woes. Bloodsucking bugs surge in population following Regina's recent heavy rainfall

ROSS ROMANIUK
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Winged bloodsuckers have broken out in large numbers to drive Regina buggy, while the city has scrambled more crews to the front lines to fight them.

The dramatic increase in the population of mosquitoes — seen in the numbers caught in city traps — has come after recent heavy rain that gives the bugs more standing water in which to hatch and develop.

"The 10-year average for this time of year is approximately 500. We're at approximately 700 now," Ray Morgan, manager of forestry, pest control and horticulture, said on Tuesday of the total found in 10 traps over a several-day period — noting that number was at about 50 for a period in late June.

"We've got a trap in the rural areas, and they're getting 500 to 750 in one night out of the one trap."

The city has upped its seasonal insect-control staff to about 30 from 25 to cover more water with larvicide more rapidly, in an effort to head off the onslaught.

Four of those workers used two amphibious Argo vehicles on Tuesday afternoon to douse a marsh area in the city's southeast end.

"We go through a lot of bug spray," Tammy Hagley said at the wheel of an Argo vehicle in the very tall grass, while Rachel Burke controlled the larvicide spray hose at the rear.

"But this is better than it was in 2011."

Pests beware

30

The city has upped its seasonal insect-control staff to about 30 from 25.

Morgan, as well, puts Regina's current skeeter situation into perspective in pointing out that the nuisance this week isn't anywhere near as severe as it was around the same period in 1994, when the total number of the insects caught in city traps was approximately 1,800.

And, he noted, Reginans are so far swatting and slapping only the "regular nuisance mosquitoes," rather than the Culex tarsalis bugs that can carry the West Nile virus.

The bad news, Morgan said, is that "it's certainly going to be at this level for a while" until the standing water dries up.

"And once we get to all these areas we're treating, you should start to see that cycle drop," he said.

"We're trying to get to all the sites as quickly as we can, and cover more ground."

NEWS 1

Bentley the St. Bernard

Neighbours charged over dog that was shot dead

Three people in two families are facing charges in a shooting that left a family dog dead.

RCMP investigated after a one-year-old St. Bernard named Bentley was shot in April in the rural municipality of Grant, near Saskatoon.

Mounties have now charged Eugene Krawchuk with four counts, including careless use of a firearm and wilfully killing a dog kept for a lawful purpose.

Krawchuk and his wife, Laurie, are also both charged with possessing a firearm without holding a licence.

Bentley's owner, Michael Price, is charged with assault against Eugene Krawchuk.

The Price family has said the dog ran up a mound of snow, over a fence, and into the neighbour's pasture and then a person on the property came out with a gun.

Fiona Price said in May that Bentley had never been aggressive and there was no reason to shoot him.

Price said she called RCMP as her 16-year-old daughter, Lianne, pulled on her boots and ran outside to fetch her pet. She said the dog was shot just metres away from where her daughter was standing. THE CANADIAN PRESS

Bentley

A motorcyclist makes his way along Broadway Avenue in Saskatoon on Tuesday afternoon. ALYSSA MCDONALD/METRO

'Insane' motorcycle laws set to stiffen

No more easy riding. Province looking into more requirements for riders as it aims to slash claims, save money and fix flaws

Saskatchewan is considering more requirements for new motorcycle licences, supervision for new riders and the possibility of mandatory gear.

The ideas are among more than a dozen changes to motorcycle safety, training and insurance rules proposed by Saskatchewan Government Insurance as it looks for ways to reduce claims, save money and quell the roar of angry riders.

"Individually, some (of the options) may be bigger than others, some of them will take time," Don Thompson, SGI vice-president of product management, said at a news conference Tuesday in Regina.

Most of the options focused on safety.

One suggestion is for potential riders to pass a basic skills test or complete a motorcycle training program before they're issued a learner's licence.

Don Fuller, with the group Riders Against Government Exploitation, says the ideas are a good start, but could go further.

"In this province, you don't have to have a driver's licence to get a motorcycle learner's licence. You never have to have been in a vehicle, taken any sort of driver training. You have to spend 10 minutes at a touchscreen and you get a motorcycle learner's licence," said Fuller.

"The requirement in Saskatchewan is the same as being able to run an automated teller. If I can withdraw $20 from an automated teller, that means I can ride a motorcycle? That's ludicrous; it's insane."

New riders who don't take training courses could see an additional $500 a year fee or be restricted on the size of the bike they use.

SGI is also considering a seasonal insurance rating, similar to Alberta and Manitoba.

Riders who register their bikes for June, July and August — when most claims happen — would pay 48 per cent of the annual rate, while those who register their bikes for the full year would pay less.

SGI is also looking for 1,000 volunteers for a pilot program that will track motorcycle use to help set insurance rates. The auto fund said last month that it wants to install telematics devices on bikes to record speed, mileage, braking and cornering. THE CANADIAN PRESS

Stadium construction. Financing falling into place

The last key piece of financing is being ironed out to keep Regina's stadium construction plan on course.

Another $100 million for the project — via a loan from the provincial government — is on the table following a green light from the Saskatchewan Municipal Board for the City of Regina to hike its debt limit to $450 million from $350 million.

That approval means city hall can continue to borrow for other projects, while it also has a sewage treatment plant and additional capital works in the planning stages.

City chief financial officer Brent Sjoberg pointed out on Tuesday that while the capital cost of the stadium for the CFL's Saskatchewan Roughriders is $278 million, debt servicing and maintenance push the overall price tag to $522 million over three decades.

"There is sponsorship money, coming from the Riders, of $25 million," Sjoberg said.

"The other big piece is facility fees. Over the course of 30 years, there's about $100 million in facility fees that are raised, and support that $522 million."

Construction is slated to begin next spring, once a firm is chosen to head the development.

"We're right on track," Sjoberg added.

"An early 2017 opening is the plan, and as it stands we're right on schedule."

ROSS ROMANIUK/METRO

Crowdfunding coming?

Equity crowdfunding could be coming to Saskatchewan.

The province's Financial and Consumer Affairs Authority (FCAA) hosted an information session on Tuesday about a proposed exemption to the Securities Act that would lift some of the disclosure regulations for crowdfunding investments.

The exemption would remove some of the requirements for those selling and purchasing securities for investments valued at less than $100,000.

It would also require sellers to file documentation with the FCAA 10 days before they start offering the securities, while investors would be allowed to purchase only up to $1,000 per offering.

The FCAA plans to continue consultations through the summer. If the proposal is well-received, it will continue fine-tuning the exemption in the fall.

Crowdfunding is touted as a steadily growing alternative financing model, in which numerous investors contribute small sums to a particular project, usually through an online portal — such as the popular U.S. websites Kickstarter and Indiegogo.

Some of the most prominent examples include micro-loans to entrepreneurs in the developing world, as well as independent musicians soliciting donations online to pay for recording sessions.

The problem, according to FCAA board member Derek Fahl, is that securities legislation restricts this type of crowdfunding in Saskatchewan.

Under current regulations, people selling securities need to be registered with the FCAA and new securities offerings require public disclosure documents.

Dave Wild, CEO of the FCAA, said the proposed exemption is being considered because crowdfunding encourages entrepreneurs and "gets people investing that otherwise would not."

MARCO VIGLIOTTI/METRO

NSA scandal

Snowden off to Venezuela ... or not

WikiLeaks said on Tuesday that NSA leaker Edward Snowden has not yet formally accepted asylum in Venezuela, trying to put to rest growing confusion over whether he had taken up the country's offer.

Venezuelan President Nicolas Maduro says his country has accepted a request for asylum from the former NSA systems analyst.

On Tuesday, a prominent Russian lawmaker tweeted that Snowden had taken the offer, then deleted the posting a few minutes later.

He then sent another message saying his claim was based on a report from a state TV channel, which in turn said the lawmaker misunderstood its report. THE ASSOCIATED PRESS

Alleged Canada Day plot

'Mr. Big' sting used on terror suspects, says defence lawyer

Mounties went undercover in a 'Mr. Big' sting to ensnare two people accused of a terror plot on B.C.'s legislature, said a lawyer for one of the accused.

John Nuttall and Amanda Korody, who are alleged to have planned a bombing for Canada Day, appeared briefly in court on Tuesday. Lawyer Tom Morino told reporters he understood that police used "a Mr. Big operation."

In such a sting, officers go undercover to gain the trust of suspects and ultimately obtain confessions.

Neighbours recalled seeing the couple interact with someone who came by in a pickup truck. THE CANADIAN PRESS

Dropping like flies

To save the bees, get busy like one

A group is being formed to find how to mitigate the potential risk of a pesticide to honey bees, the Ontario Liberals said Tuesday.

Neonicotinoid has been banned by the EU, which has reportedly been experiencing the same mortality problem. THE CANADIAN PRESS

Green giant

"While we do not know the election date yet, I want to start campaigning now."

Ex-NHL tough guy Georges Laraque, confirming he is running for the Green Party in a Montreal federal byelection.

Lac-Mégantic home to a burnt-out crime scene

Death toll still rising. Police tight-lipped on what they have found or are still looking for

The official death toll in the Quebec train disaster climbed to 15 on Tuesday, with two more bodies pulled from a scorched area police were calling a crime scene.

With about another 35 people still missing, residents of Lac-Mégantic expect the grim news to continue.

Provincial police said they had 200 officers on site performing a criminal investigation.

"There is potential evidence there that could eventually lead to criminal charges being laid," said Insp. Michel Forget.

"I won't speculate on the elements we have recovered because they will be secret."

He said he doesn't believe terrorism is at play.

Earlier on Tuesday, the national Transportation Safety Board said it is performing its own investigation.

The TSB said Tuesday that authorities were never alerted to the fact that a runaway train was on its way to levelling part of the small Quebec town.

Rail dispatchers had no chance to intervene during the fateful 18-minute journey because they didn't know it was happening, TSB investigator Donald Ross told reporters.

"There were no signals nor track circuits, so the rail-traffic controller had no ... indication that there had been a runaway train," he said.

Such systems are in place on busier rail lines but not on secondary lines, said TSB manager Ed Belkaloul.

On Tuesday, Pope Francis sent a blessing from the Vatican to those touched by the tragedy. In a statement announcing that "special apostolic blessing," the Pope expressed his sympathy to victims, their families and emergency workers. THE CANADIAN PRESS

Firefighters take a break on a set of train wheels on Sunday in Lac-Mégantic, Que. HANDOUT/THE CANADIAN PRESS

Safety regulations

Changes on the horizon?

Edward Burkhardt, CEO and president of the company which owns the train, is set to visit Lac-Mégantic this week, where he will likely face outrage and tough questions.

He told the CBC in an interview that the company has already changed some of its procedures. He also suggested that the decision to staff trains with one-man crews and leave them unattended during breaks might have to change.

Questions were also raised about the rail tankers involved in the crash.

The tankers are known as DOT-111 and have a history of puncturing during accidents, TSB investigator Donald Ross has said.

Who abandons a Ferrari? A lawyer in a big hurry

Howard A. Levitt's Ferrari, abandoned in Toronto floodwater. HIRA AHMED/TWITTER

There it was: a silver Ferrari, submerged to its windows in the murky floodwaters of Toronto.

Photos of the orphaned sports car were everywhere Monday night as the rains that pummelled Toronto subsided. It was picked up by news agencies and plastered all over the Internet.

So who would abandon a Ferrari in rising waters? A lawyer in a hurry, that's who.

Howard A. Levitt, one of Canada's leading employment lawyers, was on his way to an important hearing in Ottawa. The heavy rain had just started and it was hard to see. He entered an underpass following several other cars, each of which easily traversed a body of water that looked no deeper than a puddle.

No such luck for Levitt.

His 2010 Ferrari California, which retails for $192,000, rides extremely close to the ground, and despite its powerful V8, 454-horsepower engine, it only took a few inches of water to stop the car in its tracks.

Levitt had been trying to call a tow truck, then realized one wasn't going to arrive in time. So he opened the door, letting the dirty water flow in, and collected his bags from the trunk.

He took a cab to the island airport, found all flights had been cancelled, then headed to Pearson, where he caught "the last seat of the day" to Ottawa.

On Tuesday morning, Levitt won his motion in Ottawa, making the quick escape worthwhile.

"It's a good ending, except for my poor car," he said. TORSTAR NEWS SERVICE

Water under the bridge

"I don't want to sound cavalier, but at the end of the day you've got to see the humour in it and not sweat the small stuff.... Nobody's dying, nobody's sick."

Howard A. Levitt, one of Canada's leading employment lawyers

Betting on nature. Natural disasters cost worldwide insurers $13B in 6 months

Last month's flooding in central Europe caused more than $16 billion in damage, about a quarter of it insured — making it the year's costliest natural disaster so far, a leading insurance company said Tuesday.

Natural disasters worldwide cost the insurance industry a total of about $13 billion in the January-June period, while the overall cost of disasters was some $45 billion, Munich Re AG said in a regular review of disaster costs.

Both figures were well below the average for the past decade.

Munich Re put insured losses from the flooding caused by the Elbe, Danube and several other rivers overflowing their banks at some $3.9 billion or more — most of them in Germany, but also in the Czech Republic, Austria, Slovakia and Hungary.

Flooding last month in Alberta caused damage initially estimated at more than $3 billion, with insured losses likely to top $1 billion.

THE ASSOCIATED PRESS

Members of the Red Cross make their way by boat in a flooded street in the centre of Passau, Germany, on June 13. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Chinese bridge crumbles into river amid heavy flood

Sichuan province. At least six people missing after 40-year-old roadway disappears under muddy water

Three people were pulled from a raging river but six others remained missing following a bridge collapse Tuesday in mountainous western China amid heavy flooding that has forced thousands to evacuate their homes.

The official Xinhua News Agency said one sedan, three minivans and one SUV fell into the torrent when the more than 40-year-old Qinglian bridge broke apart just before noon in the city of Jiangyou in the western province of Sichuan.

The local government said in a statement posted to its official website that an earlier report that a pair of passenger buses had plunged into the river was incorrect.

The two-lane bridge was completed in 1969, according to Xinhua, and a replacement span is under construction. China has been pouring resources into building infrastructure, but many older bridges and dams are of poor quality and urgently need repairs or replacement.

China's Civil Affairs Ministry announced Tuesday that flooding in Sichuan since Sunday has affected an area that is home to 360,000 people, damaging or destroying 300 homes, and forcing 6,100 to evacuate.

THE ASSOCIATED PRESS

Swept away

300

Flooding in Sichuan since Sunday has damaged or destroyed at least 300 homes so far, according to China's Civil Affairs Ministry.

A collapsed bridge over the Panjiang river is seen in Qinglian, Jiangyou city, in southwest China's Sichuan Province, Tuesday. The official Xinhua News Agency said five cars fell into the torrent when the more than 40-year-old Qinglian bridge broke apart. XINHUA/THE ASSOCIATED PRESS

Parents use reverse psychology to encourage hygiene

Chelsea Crayne, 9, of Riverview, wears flowers while playing in the mud in Westland, Mich., Tuesday. Hundreds of kids enjoyed the annual Mud Day event in a seven-by-150-foot mud pit. PAUL SANCYA/THE ASSOCIATED PRESS

Flight. San Fran crash sparks new fears that tech is impairing pilots' skills

The crash landing of a South Korean airliner in San Francisco has revived concerns that airline pilots get so little opportunity these days to fly without the aid of sophisticated automation that their stick-and-rudder skills are eroding.

The U.S. National Transportation Safety Board, which is investigating the accident, is a long way from reaching a conclusion as to its probable cause. While the focus of their investigation could still shift, information released by the board thus far appears to point to pilot error.

What is known is that Asiana Airlines Flight 214 crashed short of its target runway Saturday at San Francisco International Airport in broad daylight under near-ideal weather conditions. The Boeing 777's engines are still being examined, but they appear to have been receiving power normally. And the flight's pilots didn't report any mechanical issues or other problems.

THE ASSOCIATED PRESS

Automation addiction

Overall, automation has also been a boon to aviation safety, providing a consistent precision that humans can't duplicate. But pilots and safety officials have expressed concern in recent years that pilots' "automation addiction" has eroded their flying skills to the point that they sometimes don't know how to recover from stalls and other problems.

- Dozens of accidents in which planes stalled in flight or got into unusual positions from which pilots were unable to recover have occurred in recent years.
- "If your last dozen landings were autopilot landings and here you are faced with nothing but visual (cues) to deal with, your rust factor would be greater," said Cass Howell, a former military pilot at Aeronautical University in Daytona Beach, Florida. "Too much automation can undermine your flying skills."

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Cleveland. Ex-captives break silence on YouTube

Amanda Berry, Gina DeJesus and Michelle Knight in a video posted on YouTube at midnight Monday. THE ASSOCIATED PRESS/HENNES PAYNTER COMMUNICATION

Three women who police say were held captive in a Cleveland home for about a decade have issued a video in which they thanked the public for the encouragement and financial support that are allowing them to restart their lives.

Amanda Berry, Gina DeJesus and Michelle Knight broke their public silence in the 3-minute, 30-second video posted Monday night on YouTube. They said the support and prayers of family, friends and the public are allowing them to rebuild their lives after what Berry called "this entire ordeal."

The women had gone missing separately between 2002 and 2004, when they were 14, 16, and 20 years old.

In the video, none of the women had any visible scars of the abuse they said they suffered at the hands of Ariel Castro, who has pleaded not guilty to a 329-count indictment alleging he kidnapped them off the streets and held them captive in his two-story home. They were smiling and appeared upbeat.

Castro, a 52-year-old former bus driver, fathered a 6-year-old daughter with Berry and is accused of starving and punching Knight, causing her to miscarry. He was arrested May 6, shortly after Berry broke through a door at the home and yelled to neighbours for help.

THE ASSOCIATED PRESS

Quoted

"I may have been through hell and back, but I am strong enough to walk through hell with a smile on my face and my head held high."

Michelle Knight

Shedding light on forgotten Canadian war heroes

Operation Husky. Contribution helped turn the tide in WWII

JESSICA SMITH
Metro in Toronto

Charles Hunter says it "hurts a little" when his Second World War service is ignored.

Hunter, a bombardier with the 39 Regiment Royal Artillery, was one of 25,000 Canadian soldiers who invaded Sicily in 1943 as part of the Allied Operation Husky. It was the first independent role for Canadian soldiers in WWII, and Canada's strategic contribution helped open Italy to the Allies and turn the tide of the war.

Seventy years later, Operation Husky 2013 is commemorating the Battle of Sicily, which they say has been overlooked by history. The group says a poll of Canadians found 91 per cent didn't know Canadian troops were even in Sicily during WWII.

"I don't know why it's ignored," Hunter said. "And it kind of hurts a little bit, to feel you get ignored when you've done a good job — because we did, we did do a good job."

Operation Husky — the original one — commenced before the early hours of July 10, 1943.

Allied forces stormed the beaches at Pachino and climbed a 900-metre cliff the German's had left almost undefended, believing it impossible to scale.

The Allies drove the Germans off the island. Of 25,000 Canadians who fought, 562 had died by the end of the month. Compared to stories about D-Day, little is said about Canada's role in the Italian campaign.

To right that wrong, Operation Husky 2013 will be commemorating the Battle of Sicily beginning July 10. More than 200 Canadians are heading to Sicily, to take part in remembrance ceremonies, including retracing the soldier's march across the island, leaving markers in the places Canadians fell 70 years ago.

Soldiers hike across Sicily in 1943. CONTRIBUTED/OPERATION HUSKY 2013

Stand by your Ivy League man

Two women lay out at Princeton University. An alumna who urged female students to find a husband before they graduate has a book deal. Susan Patton has an agreement with Gallery Books, an imprint of Simon & Schuster, for Smarten Up!: Words of Wisdom from the Princeton Mom, scheduled to come out in 2014. Patton attracted national attention for a letter published by The Daily Princetonian, warning women they would never again be around so many "worthy" men. According to Gallery, Patton will offer "uncomfortable truths" about marriage and motherhood and what could happen if students wait too long. WILLIAM THOMAS CAIN/GETTY IMAGES

Leaked recording

Murdoch recalled for questioning

Lawmakers will recall Rupert Murdoch to London for more questions about a leaked recording in which he appeared to dismiss evidence of wrongdoing at his U.K. newspaper titles, a senior parliamentarian said. The recording caught Murdoch describing allegations as "next to nothing," boasting his lawyers weren't actively co-operating with investigators, and speaking dismissively of bribery accusations.

THE ASSOCIATED PRESS

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Pipeline execs say no silver lining in Quebec rail disaster

Executives with major Canadian pipeline companies say they see no silver lining to the Lac-Mégantic train disaster.

There have been suggestions that transporting oil by pipeline may seem more palatable after several oil-laden rail cars exploded over the weekend, killing more than a dozen people and devastating the small Quebec town.

But TransCanada Corp. CEO Russ Girling said there's "no good news here for anybody" in the tragedy and the notion that the pipeline industry will somehow benefit from it "makes no sense."

While disasters ranging from Lac-Mégantic to the massive BP oil spill in the Gulf of Mexico three years ago jolt the public, Girling said companies such as TransCanada still have a responsibility to build new energy infrastructure.

"People continue to have needs for starting their vehicles every morning, cooking their food, heating their homes. We have an obligation to do that as safely as we can."

The president of Kinder Morgan Canada, which is planning to nearly triple the amount of crude shipped on its Trans Mountain line between Alberta and the B.C. Lower Mainland, said he too fails to see any upside for pipeline firms resulting from Lac-Mégantic.

"I think that the public is obviously very concerned about the broad safety net that is available for both rail and pipelines," he said.

"I think it's a question of all operators — whether it's pipe or rail or trucking for that matter — (to) continue to be very diligent and vigilant in their safety precautions."

Earlier, Girling said he's "extremely optimistic" the company's Energy East project — a proposal to ship up to 850,000 barrels a day of Western crude to eastern markets through an underused natural gas line — has enough customer support to go ahead.

THE CANADIAN PRESS

Quoted

"This is a tragic event that shakes everybody and shakes all of us that are in the business."

Russ Girling, TransCanada Corp. CEO

WANT TO KNOW YOUR DEATHDAY?

JUST SAYIN'

Paul Sullivan
metronews.ca

Another day, another amazing scientific breakthrough.

This one, I have to admit, actually is amazing. And disturbing.

A team of scientists in the U.K. have come up with a blood test for infants that will predict how quickly they will age and how long they will live.

Talk about "born to die."

These scientists have identified 22 metabolites — molecules linked to metabolism – that help govern a host of bodily mechanisms such as lung function, bone density, blood pressure, cholesterol levels, etc.

Putting a positive spin on it, the scientists believe that they will now be able to influence these metabolic factors and treat age-related diseases before they put us on the wrong side of the lawn.

But seriously, do you really want to know when it's over — as soon as it begins? Right now, Canadians can expect an average life expectancy of 81 years, which seems comfortably far off when you're three days old. But what if your metabolites predict a 50-year life span — or worse? It seems a bit unfair to expect someone to start working on a bucket list before he's out of short pants.

How long will it be before metabolite blood tests are routine? Together with genetic analysis, the fate of the child will be sealed before the first car ride home. Career, insurance coverage, diet, hobbies, whatever, will all be based on their metabolic or genetic impact — or both. "Epigenetics" is the means by which environmental factors switch certain genes on or off. So, conceivably, the state of your metabolites will help determine your genetic array and vice versa.

Together they take all the guesswork out of life. Maybe all the fun, too.

If you were still harbouring any notions of free will, it's time to put all that aside and start the grim dance of biological determinism.

It's hard enough bringing kids into the world. If you're lucky enough to give birth to a relatively robust being who will take care of you in your dotage, it's almost worth the investment, but if the poor little gaffer will expire before you're 64, what's the point?

Of course, it doesn't matter what I think or what you think. Medical science marches forward, regardless. Once the genie is out of the test tube, it's not about to allow itself to get stuffed back in.

Still, I'm glad I have no idea what my best-before date is. For all I know, I could be looking forward to a telegram from the Queen when I turn 100. She'll certainly still be around.

Or the wheels could fall off next Thursday.

Ignorance is bliss.

ZOOM

NYC bar scene having an ice age

BEBETO MATTHEWS/THE ASSOCIATED PRESS

Baby, it's cold in the ice cave

In the sweltering summer heat, New Yorkers are ready for the big chill — in midtown Manhattan.

The city's first ice bar is now open at the New York Hilton Midtown on Sixth Avenue. The $20 admission includes Eskimo-style gloves and a parka for the privilege of drinking cocktails in the freezing Minus5 Ice Bar.

The entire bar is made of ice. "The walls, everything," manager Chris Eldridge said. "The chairs you're sitting on, the glass you're drinking out of, even the light above your head is made of ice."

Promoters say it's all carved out of "100 per cent Canadian ice."

The truth is, it's special, extra-clear "carvers" ice — some from Canada, the rest from Philadelphia, Las Vegas and Minneapolis.

THE ASSOCIATED PRESS

It's the cool place to be

-5

The temperature inside? A soothing 23 degrees Fahrenheit.
That translates to minus five degrees on the Celsius scale — hence, the name.
Any heat-emitting devices that could melt the Arctic freeze — like cellphones — must be deposited in temperature-proof lockers at the door.
There are already two Minus5 bars in Las Vegas.

Put this on your bucket list

The only concessions to warm comfort are some couches covered in deerskin. Drinks reflect the icy clarity: mostly vodka-based cocktails in custom-designed glasses made from artesian water.

Bartender Paul Stavros was decked out for his eight-hour shift. He wore thermal underwear and snow boots.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Happy birthday, dear app store. In honour of Apple's app store turning five this week, the folks over in Cupertino, Calif., are celebrating their half decade by giving away five games and five apps. Make sure to get yours before the flash sale runs out (unclear when the sale ends, but rumours suggest the end of the week).

Badland:

With accolades such as the 2013 Apple Design Award, why not try this physics puzzle game based in a fairytale-like forest while it's free ($4).

How to Cook Everything:

Who said there's no such thing as a free lunch? The Holy Grail of cookbooks, New York Times' Mark Bittman's How to Cook Everything, which usually goes for around $10, is up for grabs.

Traktor DJ HD:

This professional mixing app usually goes for $20 and includes DJ effects like BeatMasher, reverb and relay.

Comments

RE: Lac-Mégantic begins the week with a shattered core and dozens still missing, published July 8

Where exactly do they think the 40 or so people went?

Look at the destruction and flames that carried on for hours. Do they expect to find bodies? Or do they expect to scientifically connect ashes?

Warning signs my ***. You leave a train that is a potential mega big bomb alone and say there might have been warning signs.

People have lost loved ones and everything they had and this zigging around to find why the train killed them is disgusting.

The fact is it did, now own up to it and help these people.

Jean Caron posted to Metro Ottawa's Facebook page

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Godzilla: a historical movie figure

IN FOCUS
Richard Crouse
scene@metronews.ca

For someone who grew up watching Godzilla stomp his way through the major cities of the world, the idea of a sea monster large enough to use a battleship as a baseball bat is very exciting. In Pacific Rim director Guillermo del Toro presents the biggest movie monsters seen since the Blue Oyster Cult sang, Oh no, there goes Tokyo, go go Godzilla!

Pacific Rim's monsters are direct descendants of the "kaiju" or strange beasts that became popular in the sci-fi films produced by the Japanese company Toho in the 1950s and '60s. Most famous is the king of all monsters, Godzilla, the giant lizard who wreaked havoc in 29 movies. Rounding out Toho's big five are a Divine Moth called Mothra and a trio of kaiju named King Ghidorah, Mechagodzilla, and Rodan.

The first Godzilla film came in 1954. The story of an ancient dinosaur-like colossus created by American nuclear weapons testing was inspired by a news story about the Lucky Dragon 5, a Japanese fishing boat contaminated after sailing too close to a U.S. nuclear test.

"Suitmation actor" Haruo Nakajima played the beast and could only walk 30 feet at a stretch in the 200-pound Godzilla suit. To create the monster's fearful roars, audio engineers threw reverb on the sound of a resin-coated leather glove rubbed on the strings of a double bass. Ten years after that movie, King Ghidorah, a fearsome alien dragon, was created as Godzilla's archenemy.

Director del Toro too busy to take in a movie

Blockbuster. Guillermo talks making Pacific Rim and making movies in Hollywood

NED EHRBAR
Metro World News in Hollywood

Idris Elba, from left, Rob Kazinksy and director Guillermo del Toro are shown on the set of Pacific Rim.
KERRY HAYES/WARNER BROS. PICTURES/MCT

Guillermo del Toro is first and foremost a movie buff, which has been causing him a distinct amount of unhappiness.

You see, del Toro has been so busy making movies — particularly his latest, the giant robots vs. giant monsters blockbuster Pacific Rim — that he hasn't had any time to actually watch other people's movies. Or at least that's the excuse he gives for not having seen Man of Steel or the first instalment of the Hobbit, which he was originally pegged to direct.

There's been a lot of criticism about the levels of carnage shown in Man of Steel. Your film also features a great deal of urban destruction. How do you keep from crossing the line from fun into too realistic?

Well, kaiju movies by definition bring a completely escapist fun in these type of fights. When you're a kid and you're watching Godzilla stomp a bunch of tanks or jets or cut through a city, the proportions of these things are so enormous that you cannot correlate them to anything real. What I do is I then bring in visually a very different sense of style from reality. I have these super-coloured lights illuminating the rain, so it looks like a living comic book or a living anime, you know? And the thing that I do very, very consciously is I vacated all the streets so they would be empty of people. So you're never thinking, "Oh, the kaiju just crushed 600 people." Because the streets are vacated and everybody's in a refuge, all they can destroy is buildings and vehicles when nobody's there.

Have you seen Man of Steel?

No, I haven't. I haven't seen many movies because I've been making one. The only two or three times I've gone to the movies in the last few years have been to movies that my daughters want to see. So I went to Les Miserables and I went to some animated movies — movies that I would not necessarily have gravitated towards. But that's being a parent, taking your daughters to see the Justin Bieber concert movie.

Does that mean you have to go see the One Direction movie later this summer?

No, no (laughs). Actually my daughters are not into that stuff.

Are you planning to do another non-English language film anytime soon, or do you live in Hollywood exclusively now?

Yeah, I would love to. I produce a lot of movies in Latin America and Spain and I'm producing a movie right now in Mexico. As a director I would love to do it, but I need to find a story that suits me. It's not like I have a drawer full of stories in Spanish and in English.

What determines if a story is better told in Spanish rather than English?

You cannot aspire to do a movie that is as quirky as Pan's Labyrinth in the Hollywood machinery. It would get tested and noted by executives to death. It would end up having a happy ending and all that bulls—, you know? And at the same time you cannot end up with a movie that is as spectacular and huge and magnificent in showmanship as Pacific Rim if you do it in Mexico or Spain. So depending on the scale of the story, depending on if you need to protect the production value and spectacle or if you need to protect the content and quirkiness of the story, you go from one (end of the) scale to another.

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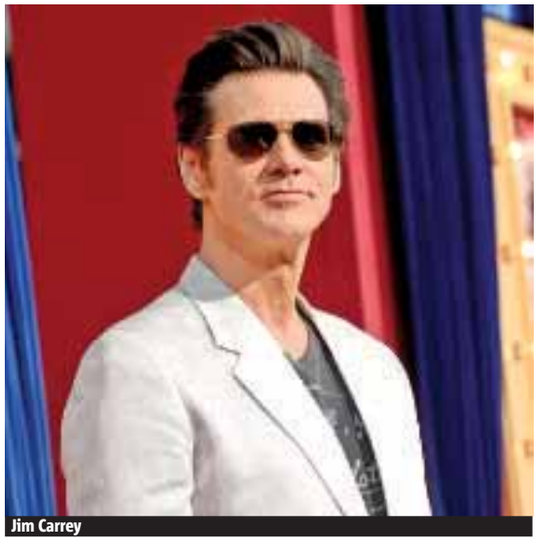
Jason Statham ALL PHOTOS GETTY IMAGES

Statham ready to tie the knot

After three years of dating, Jason Statham is reportedly ready to make it official with Rosie Huntington-Whiteley, according to Us Weekly. "I hear he'll propose soon," a source tells the magazine. "Their connection is very serious and physical." And Huntington-Whiteley herself clearly isn't bothered by their 19-year age difference. "I'm not interested in hanging out with boys," she recently said in an interview with the Edit. "I have all the man I need."



Jim Carrey

Carrey apologizes for comments, not for position

Jim Carrey is still against assault rifles and won't be promoting his next film, the bullet-ridden Kick-Ass 2, but he is at least learning to play nice.

"Assault rifle fans, I do not agree with you, nor do I fear you, but I do love you and I'm sorry that in my outrage I called you names. That was wrong," the outspoken actor posted to Twitter. "By the way, I don't need a crisis manager, just a conscience. Calling people names is inappropriate, but my position on assault weapons hasn't changed."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nick Lachey sings for his dinner

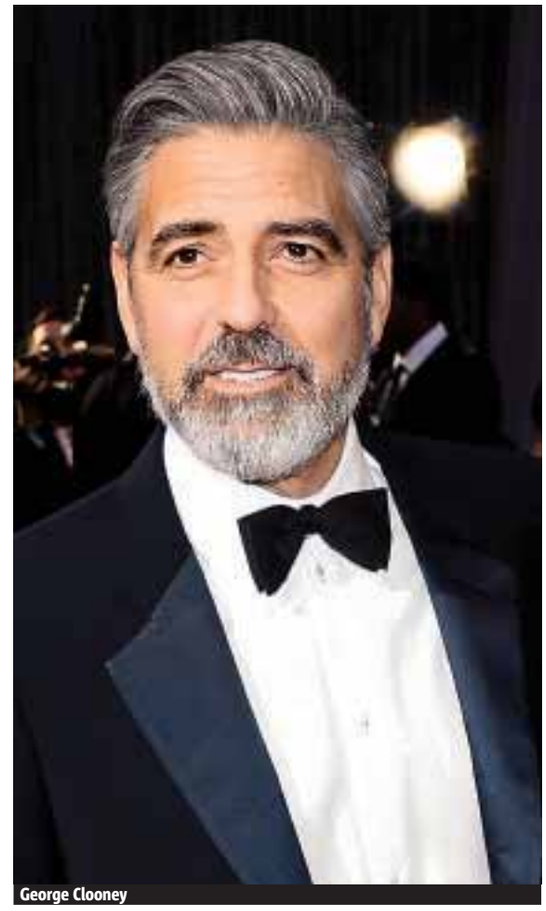
Nick Lachey turned up the heat during a brief tour stop in New York on Monday to help launch a viral advertising campaign for Wendy's new Pretzel Burger.

The '90s heartthrob, back on tour with a re-united 98 Degrees, gave an intimate performance at a Midtown Wendy's, singing songs based on some tweets about the burger chain's latest creation. Yes, you read that correctly.

"It's not the easiest thing to write a song out of tweets," Lachey said about Monday night's performance. The song he created especially for this event? "Pretzel Buns I Am a Fan... Hashtag." That is literally what he sang. (The Word really wants to know what his paycheque was for this. Let's hope it wasn't just in Pretzel Burgers, even though he admitted that he's "a huge pretzel guy.")

Lachey was right back on the road after the event to prepare for the West Coast leg of the tour. Now 39, life on the road comes with different responsibilities for Lachey and his wife Vanessa, who are bringing their newborn son, Camden, along for the ride.

"It's different, but it's cool to come off stage and know your family is there and your son is sleeping in a crib on the bus," he said. "In a lot of ways it's a much cooler dynamic just having the opportunity to spend time with them and the opportunity to share those memories. It's a lot more meaningful than to be out on your own." **METRO WITH REPORTING FROM CHRIS LONGO**



George Clooney

George Clooney is on the market

George Clooney is back on the market — and apparently he has been for longer than people think. Clooney and girlfriend Stacy Keibler have reportedly parted ways and have been trying to keep the split under wraps for as long as possible, according to Radar Online.

"They did break up," a source says, noting that the split was "amicable" and "due to schedule, nothing more." Clooney and Keibler have been spending time apart the last two months while dodging breakup rumours. "It's been slowly falling apart for awhile," a source tells Us Weekly. "Stacy knew George was not the man to settle down with."

Twitter

@AmandaBynes
Drake Has An Ugly Face

@mcgregor_ewan
Bonjour tout le monde.

@mindykaling
I have found, in my travels, that men's razors, men's deodorant, and men's watches are better than women's.

@SarahKSilverman
I just realized that my dog WANTS to be on the leash b/c I keep him from walking into walls. I'm a seeing eye person

The cast of Canada's Amazing Race. HANDOUT

From far and wide, the True North is Amazing TV

The Amazing Race. The hugely popular reality TV show is coming north of the border with a Canadian edition

ON THE MOVE
Loren Christie
life@metronews.ca

Canada is finally getting its own version of The Amazing Race. Helming the show is host and Olympic athlete Jon Montgomery.

What made you want to be the host?
It intimidated me and scared me and I like that. As people we learn the most when we challenge ourselves, when we live outside our comfort zone.

What do you bring to the show?
Just an aspect of being myself. I think that's what was perhaps endearing at the 2010 Games. Just being someone who Canadians identified as being uniquely Canadian, being honest, being you, drinking beer. A big beer. If people identify me as an average Joe Canadian, then that's something I am really proud of. I set lofty goals for myself, but I am just an average guy getting it done.

Did you have any input into the roadblocks or detours?
They didn't pick my brain. I was simply tasked with being the host. But in the role I got to explain and do all the challenges. I demonstrate them. That's what will be different from Phil's (original series host Phil Keoghan) role and my role.

How long did the filming take? How many legs?
It was three weeks, every day. I believe 10 episodes in total. Each episode isn't just a day; they can span a couple of days. There were crazy hours just like in the U.S. one. People are fighting tooth and nail to get across this country.

What surprised you most about Canada?
Lots of places I didn't know about. We experienced a desert, mountains in places that I didn't expect to see them. At every stop there was some element of surprise. And I considered myself to be a pretty knowledgeable guy about our country.

Can you tell me one place the show went?
I can tell you we took a great many planes and automobiles to get from coast to coast to coast.

You said coast three times?
We do go north. If there is a Canadian out there wondering if they will see an aspect of their area of the country in this TV show, the answer is — yes!

THE AMAZING RACE CANADA WILL AIR MONDAYS AT 9 P.M. ET/PT BEGINNING JULY 15 ON CTV.

Meet the teams

Get to know the contestants

- **Team 1.** Vanessa Morgan and Celina Mziray, sisters, Ottawa
- **Team 2.** Tim Hague Sr. and Tim Hague Jr., father and son, Winnipeg
- **Team 3.** Hal Johnson and Joanne McLeod, Married fitness icons, Oakville, Ont.
- **Team 4.** Brett Burstein and Holly Agostino, Married doctors, Montreal
- **Team 5.** Jamie Cumberland and Pierre Cadieux, best friends, Airdrie and Innisfail, Alta.
- **Team 6.** Jet Black and Dave Schram, best friends, London, Ont.
- **Team 7.** Treena Ley and Tennille Dorrington, twin sisters, Hamilton, Ont.
- **Team 8.** Kristen Idiens and Darren Trapp, dating, Fairmont Hot Springs, B.C..
- **Team 9.** Jody Mitic and Cory Mitic, brothers, Ottawa and Edmonton

Step up the fancy appetizer factor: Tuna Tartare Layered with Avocado

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

I have been served this exquisite appetizer in the top restaurants I have frequented.

I so badly wanted to create my own simple version. It is quick to prepare, elegant to serve, incredibly healthy and oh so delicious.

You can substitute the Mirin for a sake wine or rice wine vinegar with a little bit of added sugar.

Nutritional analysis

Per serving: 70 calories, 10 g protein, 1 g carbohydrates, 1 g fibre, 3 g total fat, 110 mg sodium

Ingredients

- 8 oz raw sushi grade tuna finely diced
- 1 tbsp low sodium soy sauce
- 1 tbsp Mirin (sweet Chinese wine)
- 1 1/2 tsp lemon juice
- 1/2 tsp minced ginger
- 1/2 tsp minced garlic
- 1/4 tsp wasabi mustard
- 1 tsp toasted sesame seeds
- 1 small avocado finely diced (3/4 cup)
- 1/2 tsp lemon juice

Garnish

- 1/2 tsp toasted sesame seeds

1. Place tuna in a bowl along with soy sauce, Mirin, 1 1/2 tsp lemon juice, ginger, garlic, wasabi and sesame seeds. Let marinate in the refrigerator for a minimum of 15 minutes and up to 2 hours.

2. Toss the avocado with lemon juice to prevent discolouration.

Tuna Tartare Layered with Avocado

This recipe makes six appetizers. ROSE REISMAN

3. With a quarter measuring cup, sprayed with vegetable oil, fill half way with one sixth of avocado, then one sixth of tuna. Press down firmly, then carefully invert onto serving plate. Repeat with remaining tuna and avocado until you've made 6 individual apps. Garnish with sesame seeds.

Drink of the Week

Caribbean Breeze

Lounge poolside with a taste of the tropics as you sip this Caribbean Freeze with its robust grapefruit, pineapple and Angostura bitters flavours.

- 1.5 oz Belvedere Vodka
- 3 oz grapefruit juice
- 3 oz pineapple juice
- 3 dash Angostura bitters

Build over ice into a highball glass and garnish with a grapefruit wedge.

PHOTO AND RECIPE COURTESY OF BELVEDERE VODKA

Keeping tabs on all of your triumphs

Suddenly seeking CV. Need an updated resumé ASAP? A spreadsheet of your latest skills will make building one a breeze

JESSICA CRUZ
TalentEgg.ca

Do you ever find yourself scrambling to fix your resumé to meet the deadline? Do you have trouble tailoring your skills to job descriptions?

Or perhaps you accidentally deleted experience from the last version of your resumé that could be relevant to a new job you just found.

Applying for jobs, compiling resumés and writing cover letters consumes a lot of time. Keeping a "master list" of your accomplishments will help you organize skills, experience and activities that could come in handy for future job applications.

Let's say a new job comes up that requires social media and written communication skills. Here's how a database can locate, sort, and cultivate fast resumé points:

Keeping a database of your skills and experience becomes especially helpful when you are applying for more than one type of job and building separate resumés for each one. ISTOCK

First, create a spreadsheet in a program like Microsoft Excel or Google Drive and add tab sections for various aspects of your career, such as skills, work and volunteer experience, education, references, contacts, etc.

Tabs help organize different sections and keep them all in one document.

Cover letters

Most jobs still require cover letters. Are you looking for relevant experience that relates to a job listing?

- Your master list will outline everything you need to plug in to match the requirements! Choose wisely, spruce up your sentences and you're ready to apply.

Skills and experience

Place your volunteer experience and work experience in separate columns. Sort them chronologically with as much detail as you can remember. If you're just starting, copy and paste the relevant experience from existing resumé drafts. This database will be a great source for skills and experiences for future resumé and cover letter content.

Education

The education tab sorts out your schools, awards and related extra-curricular activities. Hopefully you will begin to see correlations between this information and the jobs you're applying for, and decide whether certain details will be added to each resumé.

References and contacts

Emails and business cards often pile up or get thrown away. Having each person's contact information in a spreadsheet can help you keep track of who they are, how you met them, what you discussed, the last time you contacted them and more. Social media tools like LinkedIn keep professional connections updated, but it's always good to have a backup space with additional context. Tabs in one spreadsheet are a great way to organize these contacts.

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Vrooom, vrooom, Froome: Brit retains Tour de France lead

Race favourite Chris Froome defends the yellow jersey in Tuesday's 10th stage of the Tour de France. Froome, who was the Tour runner-up to countryman Bradley Wiggins last year, led Alejandro Valverde by one minute, 25 seconds and was almost two minutes ahead of two-time champion Alberto Contador heading into Wednesday's ride. LAURENT CIPRIANI/THE ASSOCIATED PRESS

Chelios, Niedermayer named HOFers in 2013

Hockey. Defensive stalwarts headline five-member class to be inducted in November

Scott Niedermayer and Chris Chelios won four Norris Trophies and seven Stanley Cups between them, becoming two of the elite NHL defencemen of their era.

Chelios needed a "lucky break" or two to make it from improbable beginnings in Chicago, while Niedermayer always seemed destined to be a star. They shared the spotlight Tuesday by headlining the 2013 class of the Hockey Hall of Fame.

Chelios' challenge

"There was probably no reason in the world where I should've played in the NHL."

Chris Chelios, who had trouble making teams as a teenager and moved with his family from Chicago to San Diego before finally getting an opportunity with the Moose Jaw Canucks at age 17.

Niedermayer and Chelios made it in their first year of eligibility. They'll be inducted with forward Brendan Shanahan, Team Canada defenceman Geraldine Heaney and coach Fred Shero.

"I was part of one era, I think Chris has probably been part of a few," Niedermayer joked. "The one thing that I do remember playing against Chris was he was one of the toughest guys to play against, even as a defenceman. He was always giving me a hard time on the ice, making life miserable. Hopefully in November it's not the same when we get to Toronto."

Niedermayer had 172 goals and 568 assists in 1,263 games and won four Stanley Cups, three with the New Jersey Devils and one with the Anaheim Ducks. He won the Norris Trophy in 2003-04 and the Conn Smythe with Anaheim in 2007.

"He made it look so easy," Chelios said of Neidermayer. "I have all the respect in the world for Scott playing against him."

Chelios wound up playing 23 full seasons and parts of three more, winning the Norris Trophy three times.

Shanahan recorded 656 goals and 698 assists and won three Stanley Cups and an Olympic gold medal.

Heaney, already in the International Ice Hockey Federation Hall of Fame, becomes the third female player elected to the Hockey Hall of Fame.

Fred Shero, who died in 1990, won two cups as coach of the expansion-era Philadelphia Flyers. THE CANADIAN PRESS

MMA

UFC eyes cities across Canada for future cards

The UFC is headed to Halifax in the future.

"I think the chances of the UFC going to Halifax are extremely good," Tom Wright, director of UFC operations in Canada, Australia and New Zealand, said at Tuesday's news conference to promote UFC 165 in Toronto this September.

"And not just Halifax. But there's other cities across the country including places like Quebec City and Saskatoon ... Edmonton has been calling for us to take our athletes there. And there's a whole bunch of cities that want us to return."

The UFC has held 14 shows to date in Canada, with cards in Calgary, Montreal, Toronto, Winnipeg and Vancouver.

THE CANADIAN PRESS

Athletics

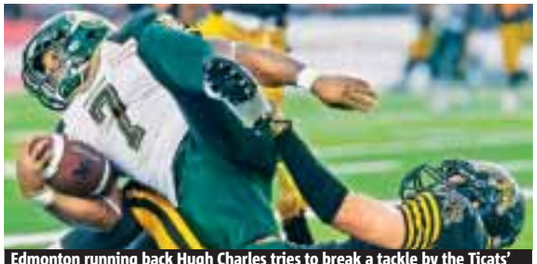
Whitfield joins mentorship team for future Olympians

Olympic gold and silver medallist Simon Whitfield has joined boxer Mary Spencer, sprinter Bruny Surin, soccer player Kara Lang, wheelchair racer Josh Cassidy and kayaker Mark de Jonge in a venture that provides both money and mentorship for aspiring Olympians.

CIBC has launched a $2-million, three-year "Team Next" program. Sixty-seven athletes can each apply for $15,000 in grants and will be matched with one of those veteran athletes during the three years.

THE CANADIAN PRESS

Yard-chewer Charles gets Week 2 honours



Edmonton running back Hugh Charles tries to break a tackle by the Ticats' Erik Harris last Thursday in Guelph, Ont. AARON LYNETT/THE CANADIAN PRESS

Hugh Charles is the CFL's offensive player of the week after helping the Edmonton Eskimos to their first win of the season.

Charles rushed for 119 yards on 11 carries, including an 70-yard run for a touchdown to help the Eskimos defeat the Hamilton Tiger-Cats 30-20 on Sunday.

Charles also caught three passes for 27 yards, including a 13-yard touchdown.

In other awards, Winnipeg lineman Bryant Turner is the defensive player of the week, Saskatchewan kick returner Jock Sanders takes top special teams honours, and B.C. running back Andrew Harris is the top Canadian.

Turner led the Blue Bombers defence with five tackles, including three sacks, and forced a fumble in Winnipeg's 19-11 win over Montreal on Thursday as star Alouettes quarterback Anthony Calvillo was limited to only 121 yards through the air in the game.

Sanders returned four kickoffs for 100 yards and six punts for 74 yards to help the Roughriders defeat the Calgary Stampeders 36-21 on Friday.

Harris had 15 carries for 103 yards and scored a touchdown in the Lions' 24-16 win over Toronto on Thursday.

THE CANADIAN PRESS

DRIVE

Appealing Impala just needs a check up

Second gear. 2006-2013 Chevrolet Impala

JUSTIN PRITCHARD
drive@metronews.ca

This generation of Chevrolet Impala has now been replaced by an all-new-for-2014 model — meaning it's transitioned fully into used car territory. Feature content in this popular family sedan include a range of upscale touches — including a self-dimming rearview mirror, heated leather seating, automatic climate control, an auto-dimming rearview mirror, satellite radio and Bluetooth functionality.

HANDOUT

Common issues

Be sure to feel for any signs of slippage or hard shifting, which could indicate a problem with the transmission or the computer that runs it. Many models in the used market will still have a good portion of Chevrolet's lengthy powertrain warranty remaining. Having a computer scan of the used Impala's PCM is highly advised, as it may reveal potential issues with the components. On models with the 3.5 litre engine, be sure to have a mechanic check for oil and coolant leaks, particularly caused by leaky gaskets. Intermittent power steering assist could be caused by a misaligned harmonic balancer, which also drives the power steering pump. Pay close attention to the condition of the tires on the used Impala you're considering, as many owners have reported premature wear from the factory rubber.

What owners like

Impala's combination of interior space and ride comfort were appreciated by its owners. Many report pleasing power output from even the smaller standard V6 engine. Gas mileage is rated well, as is overall refinement.

What owners dislike

Common complaints include wiper and defroster performance in cold weather, and poor remote-start range.

Engine

All models were four-door, front-wheel drive and fitted with an automatic transmission. Six- or eight-cylinder engines were available, with up to 303 horsepower. Most used models will have either 3.5 litre V6 with 211 horsepower or a 3.9 litre V6 with 233.

The verdict

Impala will appeal strongly to a value-minded used-car shopper, offer plenty of space and comfort, and the most commonly-reported reliability issues should be easy to identify.

Put your best foot forward behind the wheel

Driving force. Heels, work boots and flip flops pose different — but equally dangerous — problems while driving any vehicle

JIL MCINTOSH
drive@metronews.ca

It's likely you have shoes for specific purposes: for walking, for working out, for dressing up. But do you wear the right shoes for driving?

The wrong shoe can affect the way you drive, and possibly even be dangerous, according to Tammy Ezer, director of marketing for InsuranceHotline.com.

"The best driving shoes are flat, comfortable and with a thin sole," Ezer says. "If you're wearing high heels with a platform, there's a lot of space between the bottom of your foot and the pedal. You might go to hit the brake and miss, or hit the gas, and that's critical."

Comfy, with a good sole

"The best driving shoes are flat, comfortable, and with a thin sole"

Tammy Ezer, director of marketing for InsuranceHotline.com

With high heels, there's a tendency to press the pedals with just the tips of the toes, which may not provide enough force if you have to slam on the brakes in an emergency situation. A thin heel may also get caught in a carpeted floor mat, impeding your motion.

Women's dress shoes aren't the only offenders. It's important to get "feedback" from the pedals: through your shoe and foot, you should be able to feel how firmly you're pushing the pedal, or feel vibrations that indicate how hard you're braking.

Golf shoes or work boots may be too firm to provide this. "A steel-toed boot is heavy," Ezer says. "You could be putting more pressure on the pedal because the boot is heavy at the front."

Flip-flops pose a special hazard, because they don't fit firmly on the foot. As you move from the throttle to the brake, this floppy shoe could slip under the pedal and get trapped, drastically reducing your ability to press the brake pedal.

Anything that gets in the way of the pedals can be an issue. Make sure that long skirts, scarves or other loose clothing can't get caught and prevent you from braking.

High heels can cause accidents. PROVIDED

If you wear fashionable footwear that could affect your driving, keep a spare pair of flat, thin-soled shoes in the car, and change into them when you're getting behind the wheel. "You can say your shoe got caught, but that's not going to help," Ezer warns. "If your footwear causes an accident, you're responsible."

It's halftime in 2013's vehicle-selling war and it seems everyone is a winner

Autopilot. Cars and trucks across all makes and types sold very well during the first half of this year ... record year possible

AUTO PILOT
Mike Goetz
drive@metronews.ca

Canadians bought 883,667 car and trucks in the first half of 2013. Seems like a lot, but still less than the number of vehicles crashed in the movie trailer for Fast and Furious 6.

But if sales stay on the current pace, 2013 has a real chance to reach or surpass the record 1.73 million units sold in 2002.

Look, I'm no economist, but I'm pretty sure the current strong demand says people really like the vehicles that are on the market right now, especially as we see the sales gains spread right across the board — all segments, all players.

And why wouldn't you like the new vehicles? There are fewer and fewer crap cars being produced and more and more good cars being produced.

And with every new redesign or refresh, we seem to get another good bump of fuel economy, connectivity and style.

The usual suspects are battling it out on the top-selling nameplate list. We still buy an awful lot of pickup trucks.

We still like Chrysler's minivan, and we still like cars in the compact segment. We're so damn practical.

But Porsche just had its best first half of a year ever, and Jaguar sold a whopping 72 per cent more cars in the first half of 2013 than it did during the first half of 2012.

So sports cars are on a roll too.

Dave Adams, president of the Global Automakers of Canada, the association of "import" based automakers, noted in a release, that "a high level of competition and attractive leasing and finance options continue to draw consumers into the new vehicle market."

So the deals are there too. Either way it was a robust spring selling season for sure. Look, I'm no weatherman/economist, but I'm pretty sure sales were also helped by all the rain we got this spring.

If your lawn looks good, you worry less about yard maintenance and more about good ways to spend your weekend, like car shopping. It's only a theory, yes, but it's backed up by no actual evidence whatsoever.

The Hyundai Elantra lies third in the nameplate charts during this bumper year for car sales. PROVIDED

Trucks like this Ford have also sold very well in 2013 . PROVIDED

Top sellers thus far

• Canadian sales January through June

Top manufacturing groups
Ford - 146,649
Chrysler-Fiat - 138,555
General Motors - 121,398
Hyundai-Kia - 108,484
Toyota-Lexus - 97,176
Honda-Acura 76,577
Nissan-Infiniti - 44,052
Volkswagen-Audi - 41,690
Mazda - 35,941

Top Nameplates
Ford F-Series - 61,677
Dodge Ram - 41,228
Hyundai Elantra - 28,835
Honda Civic - 28,558
Grand Caravan - 23,741
GMC Sierra - 23,507
Toyota Corolla - 21,969
Ford Escape - 21,481
Mazda3 - 19,347
Chevrolet Siverado - 19,270

Horoscopes

♈ Aries
March 21 - April 20
If someone starts looking into your private affairs then you have every right to tell them to mind their own business. Don't be too forceful though or they may think you have something to hide and look even more.

♉ Taurus
April 21 - May 21
You are in a restless mood at the moment and it's unlikely you will be in the same place when the Sun goes down. For some reason, your surroundings no longer excite you.

♊ Gemini
May 22 - June 21
You will be in a charitable mood today and there is nothing wrong with that, but if you are going to give money away make sure it is to genuinely worthy causes.

♋ Cancer
June 22 - July 23
You may not be able to explain the way you feel but that's probably no bad thing. If you dwell too much on your emotions today, you won't get much work done. Make sure your head rules your heart.

♌ Leo
July 24 - Aug. 23
It seems you don't know whether to control your desires or indulge them. From past experience, you know that if you hold back, you are likely to regret it later on. Have fun.

♍ Virgo
Aug. 24 - Sept. 23
You may want to sit on the fence in some kind of domestic dispute but the planets won't let you. Like it or not, you have to choose sides and hope it all works out amicably in the end. Don't worry, it will.

♎ Libra
Sept. 24 - Oct. 23
Take your pleasures where you find them and don't worry that some of those you live and work with don't seem able to get much joy out of life. You can't change their outlook.

♏ Scorpio
Oct. 24 - Nov. 22
Things are going so well for you at the moment that you may be a bit worried. Will fate turn round and slap you down? No. Though if you start thinking that way, you increase the chances of it occurring.

♐ Sagittarius
Nov. 23 - Dec. 21
Why are you letting minor matters assume major importance, at least in your mind? Whatever the reason you need to snap out of it — not later but right now.

♑ Capricorn
Dec. 22 - Jan. 20
You may be the kind of person who prefers the tried and trusted. But the more you chop and change and move around today, the more fun you will have. If travelling on your own, you won't be alone for long.

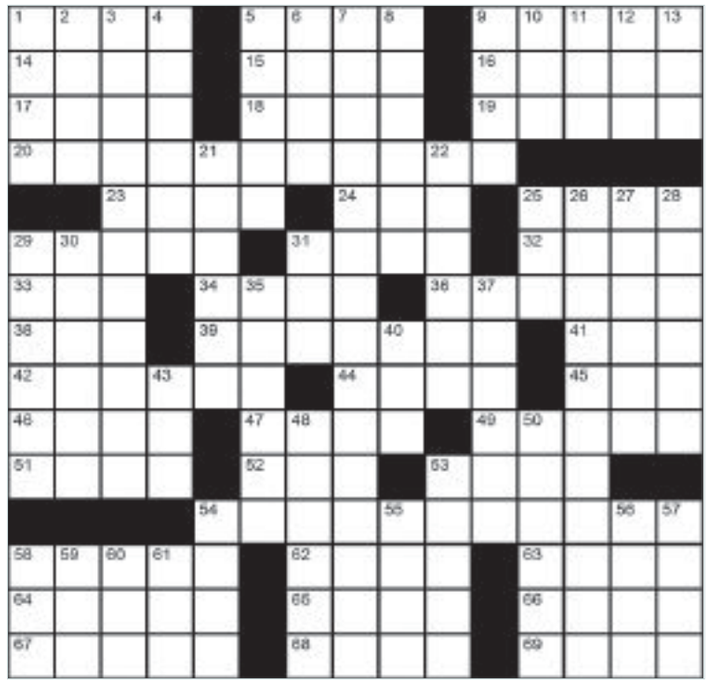
♒ Aquarius
Jan. 21 - Feb. 19
It's good that you are easygoing and it's good that you like to help people but don't forget that not everyone thinks and feels the same way. Be on your guard today as someone may try to cheat you.

♓ Pisces
Feb. 20 - March 20
Don't bother asking friends for an opinion on what you are doing. It's unlikely they will be honest with you. The reason you are asking is that you have doubts yourself. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



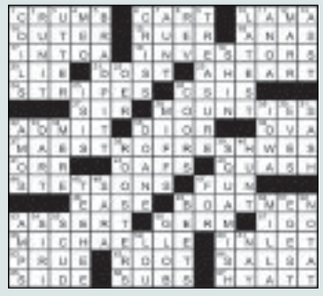
Across

1. Bryn __ (Pennsylvania college)
5. Home free
9. La __, Saskatchewan
14. Wings: Latin
15. Greek Myth: Goddess of discord
16. "Me, Myself & __" (2000)
17. "Come Sail Away" band
18. "__ of Eden" (1955)
19. Actor, Colm __
20. District in London where One Canada Square (the British capital's second tallest building after The Shard) is located: 2 wds.
23. Zeno of __ (Ancient Greek philosopher)
24. __ Red apple
25. Business subj.
29. Bride's pathway
31. Snooty sort
32. Horse's hair
33. Incidentally, in e-mail shorthand
34. Respiratory organ
36. Chewing gum formation
38. Pi's follower
39. Gift-opener's reaction!: 3 wds.
41. Auction offer
42. Actor Mr. Eckhart's
44. Particular preposition
45. Ask __ Landers (Advice column)
46. 1151 in ancient Rome
47. Phone nos.
49. Washington's __ Sound
51. Single-named songstress
52. Building wing
53. __ qua non (Essential factor)
54. CBC is Canada's public what?
58. Terre-__ (Newfoundland, in French)
62. The Munsters' pet bat
63. Sort of message
64. Allow in
65. Parched
66. Bristles
67. Fools
68. For __ - with Love & Squalor (J.D. Salinger title)
69. Pesky bug

Down

1. Fem. opposite
2. Calgary's prov.
3. 1992 Mike Myers movie: 2 wds.
4. Canadian pharmacy chain
5. "Later, alligator!": 2 wds.
6. Get _ __ deal
7. Blacks Harbour in New Brunswick, and others: 2 wds.
8. Nueva York, por ejemplo
9. Guitar __
10. Lead or Uranium
11. Modern
12. Slash's old li'l band
13. Shoe width size
21. Steely Dan's "__' in the Years"
22. Bunny
25. Diplomatic bldg.
26. Toronto neighbourhood
27. Using the Web
28. "You __ bother."
29. TV/movie producer, J.J. __
30. Home of Odysseus
31. __-Caps (Brand of candy)
35. Province of Ireland
37. Perfect place
40. Ems followers
43. Goose: French
48. Fictional resident at The Plaza Hotel
50. Fix something tangled
53. Loose rock at a cliff's base
54. Stakes
55. Campus bldg.
56. European erupter
57. Take a breather
58. Gymnast Ms. Comaneci, to pals
59. End of a learning institute's URL, perhaps
60. MLB official
61. Try

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		8		1		9	
9								8
		4		3		2		
	9	6		5		8	4	
	4			8			1	
	2	1		6		9	5	
		8		2		4		
6								7
	7		3		6		8	

Yesterday's Sudoku

1	3	8	9	2	5	4	7	6
4	7	6	8	3	1	5	9	2
2	5	9	4	7	6	1	8	3
5	2	4	1	9	3	7	6	8
8	1	7	6	4	2	9	3	5
6	9	3	5	8	7	2	1	4
9	8	5	3	1	4	6	2	7
7	4	1	2	6	8	3	5	9
3	6	2	7	5	9	8	4	1

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Sarah M. and her uncle **Tony R.**
Ford Employee Ford Retiree

Bill H. and his son **Greg H.**
Ford Retiree Ford Employee

WE'VE ALWAYS SHARED OUR PASSION.

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IN TOTAL PRICE ADJUSTMENTS

On most new 2013 models
(F-150 SuperCrew Platinum 4x4 5.0L amount shown)

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F-SERIES CANADA'S BEST-SELLING TRUCKS 47 YEARS‡‡

F-150 OFFERS BEST IN CLASS PAYLOAD‡ POWER‡ TOWING‡

Titanium model shown

2013 FOCUS S

5.5L/100km 51MPG HWY** 7.8L/100km 36MPG CITY**

Employee Price Adjustment ///	$620
Delivery Allowance ///	$250
Total Price Adjustments ///	$870

SHARE OUR EMPLOYEE PRICE **$16,779***

OR OWN FOR ONLY

$99^^ BI-WEEKLY @ 1.99% APR PURCHASE FINANCING FOR 84 MONTHS

NOW WITH $0 DOWN | OFFERS INCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: 160hp 2.0L I-4 Engine /// Air Conditioning /// Active Grille Shutters **AND MUCH MORE.**

Titanium model shown

2013 ESCAPE SE

FWD 1.6L ECOBOOST

6.0L/100km 47MPG HWY** 9.1L/100km 31MPG CITY**

Total Price Adjustments ///	$2,019

SHARE OUR EMPLOYEE PRICE **$24,880***

OR LEASE AN ESCAPE SE AWD 2.0L FOR ONLY

$299* PER MONTH @ 0% APR FOR 36 MONTHS

WITH $750 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: AdvanceTrac® RSC /// Air Conditioning /// Active Grille Shutters **AND MUCH MORE.**

Platinum model shown

2013 F-150XLT

SUPER CAB 4X4 5.0L

10.7L/100km 27MPG HWY** 15.1L/100km 19MPG CITY**

Employee Price Adjustment ///	$4,423
Delivery Allowance ///	$7,250
Total Price Adjustments ///	$11,673

SHARE OUR EMPLOYEE PRICE **$27,526***

OR LEASE FOR ONLY

$335^ PER MONTH @ 0.99% APR FOR 24 MONTHS

WITH $1,500 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: 17" Machined Aluminum Wheels /// AdvanceTrac® with RSC® /// Trailer Sway Control **AND MUCH MORE.**

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited-time offers. Offers may be cancelled or changed at any time without notice. See participating dealer for details. Dealer may order or trade. ††2013 Ford Escape SE FWD 1.6L ECOBOOST 2.0L Titanium shown $24,880 Total Price Adjustments $2,019 Delivery Allowance $250 Employee Price Adjustment $620 Total Price Adjustments $870 Focus S 2.0L Titanium shown $16,779 Total Price Adjustments $11,673 Delivery Allowance $7,250 Employee Price Adjustment $4,423 F-150XLT SUPER CAB 4X4 5.0L Platinum shown $27,526 Offer(s) end March 4, 2013. ‡ Based on 2013 Ford F-150 vs. 2012 competitive half-ton pickups. ‡‡ Ford F-Series is the best-selling truck in Canada for 47 years in a row based on retail sales. ^ Bi-weekly payment of $99 on approved credit for 84 months at 1.99% APR equals total obligation of $4,158. Bi-weekly payment of $335 on approved credit for 24 months at 0.99% APR equals total obligation of $8,040. ^^ Bi-weekly payments are calculated on the Total Price Adjustments. Down payment, trade equity and/or first month's payment may be required. Bi-weekly payments do not include applicable taxes. Payments are rounded to the nearest dollar. * Monthly payment of $299 on approved credit for 36 months at 0% APR equals total obligation of $10,764. Monthly payment of $335 on approved credit for 24 months at 0.99% APR equals total obligation of $8,040. Monthly payments do not include applicable taxes. Payments are rounded to the nearest dollar. Down payment, trade equity and/or first month's payment may be required. ** Fuel consumption ratings based on Natural Resources Canada's fuel consumption ratings. Actual fuel consumption will vary based on road conditions, vehicle load, vehicle configuration and driving habits. 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